



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03187, Babyfood, cereal, mixed, with applesauce and bananas, strained

Report Date: June 24, 2017 22:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:6.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Proximates						
Water	g	80.00	27	0.100	22.68	90.40
Energy	kcal	82	--	--	23	93
Energy	kJ	343	--	--	97	388
Protein	g	0.71	--	--	0.20	0.80
Total lipid (fat)	g	0.51	--	--	0.14	0.58
Ash	g	0.40	--	--	0.11	0.45
Carbohydrate, by difference	g	18.38	--	--	5.21	20.77
Fiber, total dietary	g	1.0	--	--	0.3	1.1
Sugars, total	g	11.10	--	--	3.15	12.54
Minerals						
Calcium, Ca	mg	91	--	--	26	103
Iron, Fe	mg	6.81	--	--	1.93	7.70
Magnesium, Mg	mg	7	--	--	2	8
Phosphorus, P	mg	29	--	--	8	33
Potassium, K	mg	111	--	--	31	125
Sodium, Na	mg	5	--	--	1	6
Zinc, Zn	mg	1.01	--	--	0.29	1.14
Copper, Cu	mg	0.055	--	--	0.016	0.062
Selenium, Se	µg	2.6	--	--	0.7	2.9
Fluoride, F ¹	µg	1.1	3	0.100	0.3	1.2
Vitamins						
Vitamin C, total ascorbic acid	mg	15.9	--	--	4.5	18.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Thiamin	mg	0.126	--	--	0.036	0.142
Riboflavin	mg	0.156	--	--	0.044	0.176
Niacin	mg	2.020	--	--	0.573	2.283
Pantothenic acid	mg	0.195	--	--	0.055	0.220
Vitamin B-6	mg	0.101	--	--	0.029	0.114
Folate, total	µg	25	--	--	7	28
Folic acid	µg	25	--	--	7	28
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	43	--	--	12	49
Choline, total	mg	3.5	--	--	1.0	4.0
Vitamin B-12	µg	0.51	--	--	0.14	0.58
Vitamin B-12, added	µg	0.51	--	--	0.14	0.58
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	10	--	--	3	11
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.01	0.03
Vitamin E, added	mg	0.68	--	--	0.19	0.77
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.1	0.3
Lipids						
Fatty acids, total saturated	g	0.090	--	--	0.026	0.102
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.001	--	--	0.000	0.001
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.000	0.001
14:0	g	0.001	--	--	0.000	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
16:0	g	0.076	--	--	0.022	0.086
18:0	g	0.005	--	--	0.001	0.006
Fatty acids, total monounsaturated	g	0.135	--	--	0.038	0.153
16:1 undifferentiated	g	0.001	--	--	0.000	0.001
18:1 undifferentiated	g	0.133	--	--	0.038	0.150
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.191	--	--	0.054	0.216
18:2 undifferentiated	g	0.181	--	--	0.051	0.205
18:3 undifferentiated	g	0.005	--	--	0.001	0.006
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.013	--	--	0.004	0.015
Threonine	g	0.035	--	--	0.010	0.040
Isoleucine	g	0.044	--	--	0.012	0.050
Leucine	g	0.088	--	--	0.025	0.099
Lysine	g	0.036	--	--	0.010	0.041
Methionine	g	0.025	--	--	0.007	0.028
Cystine	g	0.027	--	--	0.008	0.031
Phenylalanine	g	0.063	--	--	0.018	0.071
Tyrosine	g	0.044	--	--	0.012	0.050
Valine	g	0.059	--	--	0.017	0.067
Arginine	g	0.067	--	--	0.019	0.076
Histidine	g	0.028	--	--	0.008	0.032
Alanine	g	0.047	--	--	0.013	0.053
Aspartic acid	g	0.083	--	--	0.024	0.094
Glutamic acid	g	0.310	--	--	0.088	0.350
Glycine	g	0.052	--	--	0.015	0.059

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Proline	g	0.086	--	--	0.024	0.097
Serine	g	0.051	--	--	0.014	0.058
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa